

The Limitless Experience Podcast

When you're screaming shut up, after talking about staying calm

Transcript

Suzy: [\(00:02\)](#)

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Welcome to the limitless life experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping female entrepreneurs, like you, create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience podcast.

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Hello hello hello, you gorgeous human being, it is Suzy Ashworth here and you are listening to the limitless life experience podcast. And I want to call myself out because as you know, we are back in our family home. The kids are not at school and we are navigating our way through life. We're just, we're just trying to work out. We're just trying to work it out as life unfolds right now. And I wanted to do this really short episode on the breath and the power of coming back to the breath when we are feeling stressed, overwhelmed, like it's all too much. And I am really loving my breath work at the moment. I'm having semi regular sessions with an incredible human being called Cathy Bell. Please go and check her out if you are in need of somebody to hold space for you, when you just need to let go, let it go, let it go. She helps create space in my mind and body in a way that I just adore.

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I really, really adore it anyway. So the work that I've been doing with her keeps bringing me back to the power and the importance of the breath, and I was just diving into it and Aluna came charging down the stairs, screaming at the top of her voice and I'm like "Aluna, I'm recording." And the irony of me at the same time, trying to speak to you in my calming soothe, this is Suzy zen voice, doesn't escape me. And I suppose that this is just real life, isn't it? It's that dance between what is going on in reality and the knowing that we create our reality from the inside out, and also how we respond to external stimuli. And if I'd just taken a moment in that moment to breathe, rather than shout, you know, I think I would have felt a lot better, Aluna would have felt a lot better.

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Jerome would have felt a lot better. Like we would have all felt a little bit better. And so we get to continue learning. I get to continue learning. And at the same

time, what I'm saying here is truth. And so what I would like to do in the next couple of moments is just take a moment, regardless of where you are, as long as it's safe for you to do so. Take a moment just to close down your eyes. If you're driving, don't do this, but if you're not join me and just closing down your eyes and taking three big deep belly breaths.

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One, two, three. It's allowing the eyes to gently open. And I'm curious, how do you feel?

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I think that we get to remember that we can bring this type of presence into our life moment by moment, day by day, week by week. And the more that we remember just to take a little bit of time during the day. So it's been a while since I have done that. And when I say a while, I mean a good four or five days, I stopped in the middle of my day to close my eyes, not in exasperation, and just breathe. And it gets to be muscle memory and it's in the breathing and it's in the deep belly breaths that we get to ground ourselves and bring ourselves back into the present moment and into our bodies. And it's from that sense of awareness and spaciousness and expansiveness that when we make decisions about what the best next step in our business is, it gets to be so much more aligned as we drop the confusion, we drop the not knowing.

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And we allow the clarity to find us through the breath. Through the inspired ideas, through the light that comes in behind the eyelids. When we just allow ourselves a moment to rest and regain perspective. And I think that it's in the resting and the regaining of perspective, that is where our true power lies. So this is all from me today quick and not so dirty, pure, clean breath, air, breathe. If this has been soothing for your soul, just what you needed, just the tonic. Then please do let me know over on the gram and remember that faith plus action equals miracles.

Faith + Action = Miracles